

Seasoned clinician and mother whose daughter had a significant ADHD related sleep disorder, Debra Burdick draws on nearly 27 years of clinical and personal experience to offer a holistic approach for getting a great nights sleep for adults and children with ADHD. This book and CD set provides a step-by-step process to address every aspect of improving sleep including taking too long to fall asleep; waking up too early; not waking up early enough; and feeling exhausted all day. How does ADHD impact sleep and how does sleep impact ADHD? What interferes with sleep? How can kids and adults with ADHD get enough sleep to feel rested every day? What skills work for getting to bed on time and falling asleep faster? What tactics are effective for getting up on time? This easy to use book and hour long CD teaches adults and parents how to solve the sleep dilemma. The second CD contains a sleep meditation to gently relax the busy monkey brain of the listener and lead them into a restful, rejuvenating sleep.

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Buy ADHD and Sleep. Children and Adults: Sleep Better Tonight! Book and 2 CDs by Debra E. Burdick () by (ISBN:) from Amazon's Book Store.

Help for Children and Adults with ADHD to Sleep Better Tonight. This book and CD set provides a step-by-step process to address every aspect of improving. Attention: Exhausted adults with ADHD and worn out parents of children with ADHD who feel tired, helpless and. My ADHD and SLEEP, Children and Adults : Sleep Better Tonight book and companion CDs give you all the pieces of the sleep puzzle in one place with a proven approach to CD 2: Meditation for Sleep. Keywords: sleep, attention deficit hyperactivity disorder, sleep disorders and sleep deprivation (Chee & Chuah, ), and other studies in adults have . that 2% of healthy children ages 8-17 years met RLS diagnostic criteria The night-to-night variability in sleep patterns in children with ADHD may also play. Some studies show that parent-reported sleep disturbances are more In adults with ADHD, self-reported sleep time, quality and efficiency were lower than While 2 % of typically developing children and adolescents (aged 8-17 a novel treatment for attention-deficit/hyperactivity disorder in children and adolescents.

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